McConlogue Med Monitor

This form is designed to help you notice how your medications are affecting you and for how long. Record the time and meds you take. Then record the information following at two hour intervals.

Today's date	Awake time	Bed time last night	
Time at which I took meds:			
Meds I took:			
At the time I took meds, I also ate/drank			

8 AM Time now _							Noon		Tim	e n	ow.			
In the last 2 hours I at	te:						In the la	ast 2 hours	l ate:					
In the last 2 hours I d	rank	:					In the la	ast 2 hours	l drank	(:				
In the last 2 hours I e	xerc	ise	d fo	or (ł	าดพ	v long)	In the la	ast 2 hours	l exerc	cise	d fo	or (I	hov	v long)
RATE ON A SCALE of Physically sluggish Mentally sluggish Emotionally cranky Verbally	1 1 1	2 2 2	3	4	5 5	Pleasant	Physica Mentall Emotion	DN A SCAL ally sluggish ly sluggish nally cranky Verbally	1 1 1	2 2 2	3	4	5 5	very awake creative Pleasant
Totally tongue tied Very distracted Not hungry I have been alone	1 1 1 1	2	3	4 4	5 5	Right on target Hyperfocused Very Hungry In a crowd	Very I	tongue tied / distracted Not hungry been alone	1 1	2 2	3 3	4 4	5 5	Right on target Hyperfocused Very Hungry In a crowd
10 AM Time now _						-	2 PM	Time nov	<i>'</i>					
In the last 2 hours I a	te:						In the la	ast 2 hours	l ate:					
In the last 2 hours I d	rank	:					In the la	ast 2 hours	l drank	C :				
In the last 2 hours I e	xerc	ised	d fc	or (ł	าดพ	v long)	In the la	ast 2 hours	l exerc	cise	d fo	or (I	hov	v long)
RATE ON A SCALE	OF 1	-5					RATE C	ON A SCAL	_	_				
Physically sluggish	1						-	ally sluggish						very awake
Mentally sluggish	1					creative		ly sluggish						creative
Emotionally cranky Verbally	1	2	3	4	5	Pleasant	Emotion	nally cranky Verbally		2	3	4	5	Pleasant
Totally tongue tied						Right on target	Totally t	tongue tied	1	2	3	4	5	Right on target
Very distracted						Hyperfocused		/ distracted						Hyperfocused
Not hungry						Very Hungry	1	Not hungry	1					Very Hungry
I have been alone	1	2	3	4	5	In a crowd	I have b	been alone	1	2	3	4	5	In a crowd

Today's date:	
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4 PM Time now	
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In the last 2 hours I ate:

In the last 2 hours I drank:

In the last 2 hours I exercised for (how long)

RATE ON A SCALE OF 1-5

Physically sluggish	1	2	3	4	5	very awake
Mentally sluggish	1	2	3	4	5	creative
Emotionally cranky	1	2	3	4	5	Pleasant
Verbally						
Totally tongue tied	1	2	3	4	5	Right on target
Very distracted	1	2	3	4	5	Hyperfocused
Not hungry	1	2	3	4	5	Very Hungry
I have been alone	1	2	3	4	5	In a crowd

6 PM Time now _____

In the last 2 hours I ate:

In the last 2 hours I drank:

In the last 2 hours I exercised for (how long)

RATE ON A SCALE OF 1-5

Physically sluggish Mentally sluggish Emotionally cranky Verbally	1	2	3	4	5	very awake creative Pleasant
Totally tongue tied Very distracted Not hungry I have been alone	1 1	2	3 3	4 4	5 5	Right on target Hyperfocused Very Hungry In a crowd

8 PM Time now

In the last 2 hours I ate:

In the last 2 hours I drank:

In the last 2 hours I exercised for (how long)

RATE ON A SCALE OF 1-5

Physically sluggish	1	2	3	4	5	very awake
Mentally sluggish	1	2	3	4	5	creative
Emotionally cranky	1	2	3	4	5	Pleasant
Verbally						
Totally tongue tied	1	2	3	4	5	Right on target
Very distracted	1	2	3	4	5	Hyperfocused
Not hungry	1	2	3	4	5	Very Hungry
I have been alone	1	2	3	4	5	In a crowd

10 PM Time now

In the last 2 hours I ate:

In the last 2 hours I drank:

In the last 2 hours I exercised for (how long)

RATE ON A SCALE OF 1-5

Physically sluggish	1	2	3	4	5	very awake
Mentally sluggish	1	2	3	4	5	creative
Emotionally cranky	1	2	3	4	5	Pleasant
Verbally						
Totally tongue tied	1	2	3	4	5	Right on target
Very distracted						Hyperfocused
Not hungry	1	2	3	4	5	Very Hungry
I have been alone	1	2	3	4	5	In a crowd